

# WEEKLY NEWSLETTER

Friday 31<sup>st</sup> March 2023

Dear Parents/Carers

What a lovely week we have had to conclude the Spring term. Congratulations to those who won the prizes from our Easter competition, the winning designs can be found further down the newsletter. Thank you all so much for supporting us with the raffle, it really helps! And of course, thank you to Mrs Cooney who helped with selling the raffle tickets. We would love to have an active parent support group and we will be holding our first meeting on Friday 22<sup>nd</sup> April at 2pm, please come along.

The children had so much fun doing their Easter Egg hunt, once again thanks to Mrs Cooney for organising this and making it a fun event for the children.

The Easter service for KS2 was lovely, thanks to those of you who come along and joined us for this special service. As it was so successful next year we will also be holding a separate service for KS1 children.

## KS2 Mock SATS

A big well done to our year 6 children who have this week undertaken a mock SATS week in preparation for the real thing in May. They worked so hard and I am very proud of them, well done everybody. Also, thank you to the staff who supported during the week, especially Mrs Porter who came back for a visit!

## Parent/carer sessions

I have had such great feedback from the parent/carer sessions, it has been lovely to hear how well your children are getting on and your views as parents/carers. Don't forget teaching staff are available after school every day to catch up with you, but at the beginning of the day they need to be with the children to start their learning. Mrs Willshire and I are always available.

## Fun clubs

Yesterday clubs went live on SchoolMoney for KS1 and KS2 pupils, there is a fantastic range for the children to pick from! They will start week commencing Monday 24<sup>th</sup> April.

## Events next term

Please check the diary section of the newsletter as we have already added in dates for next term which include every child leading a collective worship which parents/carers are invited to attend, arts week, maths day, sports week, parents' sessions, end of topic sessions and our Coronation Picnic and Summer Fayre.

## Goodbyes

Today we have said goodbye to Miss Savage, we will miss working with her and wish her well in everything she does going forward.

Finally, I would like to wish you all a Happy Easter! Enjoy the special day and the holidays and I will see you all on Monday 17<sup>th</sup> April.

Kind regards

Mrs Gilbert.

# DATES FOR YOUR DIARY

**Mon 3<sup>rd</sup> – Fri 14<sup>th</sup> April**

Easter Holidays

**Fri 22<sup>nd</sup> April**

Parent Support Group meeting –  
2pm

**Mon 1<sup>st</sup> May**

Bank Holiday Monday

**Fri 5<sup>th</sup> May**

Year 1 leading Collective Worship

**Mon 8<sup>th</sup> May**

King's Coronation Bank Holiday

**Tues 9<sup>th</sup> – Fri 12<sup>th</sup> May**

KS2 SATS week

**Fri 12<sup>th</sup> May**

Year 3 leading Collective Worship

**W/C 15<sup>th</sup> May**

Year 2 SATS week

**Weds 17<sup>th</sup> May**

Maths day

**Fri 19<sup>th</sup> May**

Year 4 leading Collective Worship

**Fri 26<sup>th</sup> May**

Coronation Picnic and Summer Fayre

**Mon 29<sup>th</sup> May – Fri 2<sup>nd</sup> June**

May half term

**Fri 9<sup>th</sup> June**

Year 5 leading Collective Worship

**Fri 16<sup>th</sup> June**

Year 6 leading Collective Worship

**Fri 23<sup>rd</sup> June**

Year 2 leading Collective Worship

**Fri 30<sup>th</sup> June**

Reception leading Collective Worship

**W/C 5<sup>th</sup> July**

Sports week

**W/C 12<sup>th</sup> July**

Arts week

**Thurs 20<sup>th</sup> – Fri 21<sup>st</sup> July**

Development days

## Bible Reflection

Matthew 28:6

He is not here; he has risen, just  
as he said.

## Lunch Menu – week commencing Monday 17<sup>th</sup> April 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese & Tomato Pizza	Sausage & Mash	Roast Turkey	Beef Bolognese	Fish Fingers & Chips
Alternative option	Tomato Pasta Jacket Potato	Tomato Pasta Jacket Potato	Tomato Pasta Jacket Potato	Tomato Pasta Jacket Potato	Quorn Nuggets Tomato Pasta Jacket Potato
Dessert	Shortbread	Strawberry Jelly and Fruit	Chocolate Sponge	Lemon Slice with Fruit	Crispy Crackle Bar

## Attendance – 20/03/23 – 24/03/23

Class	Attendance
St Lucia	95.5%
Maldives	95%
Cuba	90%
New Zealand	96%
Malta	95.8%
★ Galapagos ★	98%
Iceland	92.3%
Jamaica	95.7%
Hawaii	78.9%

## VACANCY: CLEANING STAFF

We are looking to appoint enthusiastic and highly motivated cleaning staff who would enjoy the challenge of being a cleaner outside of school hours, to provide a clean and hygienic school environment.

**Either 1 person for 20 hours a week, or 2 persons for 10 hours per week each, term time only. Salary: Hays Grade 1A**

This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share in this commitment. Please contact the office for further details and an application pack.

**Closing date: Wednesday 19<sup>th</sup> April 2023**

# Easter



A big well done to the children who won our Easter design competition, they each won a lovely Easter egg to enjoy for all their hard work!



Also, congratulations to our raffle winners!

Frankie

Ivy H

Caden

Lexie-Rose

Charlie D

Our school cook  
Amanda!

We raised a fantastic £109.10, thanks to everyone who brought raffle tickets!

# THIS WEEK AT BRADING...

## Malta

This week in Malta we have had a fantastic week to end the term. On Monday, we had our R.E day and spent the day looking at the Easter story and how it links to love. On Tuesday, we finished our English learning journey for our text driver 'This is London' and successfully wrote an alternative ending.

## Iceland

This week in Iceland class, we have written our report on the history of Lego, completed our journey in maths, multiplying three factors, and we made our leaflets on the urban and rural features of Liverpool and the Isle of Wight.

## Antigua

This week we have been continuing with our Easter theme. The children have had lots of fun exploring the different Easter tuff trays, Easter puzzles and an erupting egg experiment.



## New Zealand

This week we have been looking at odd and even numbers and times tables in maths. In English, we have completed a big write on a non-fiction recount. In science, we learned about dependency and food chains. We held our R.E. day and now know the happy and sad parts about Easter. The children have worked really hard this half term so well done everybody.

Have a lovely Easter.

Mrs Attwell

## Maldives

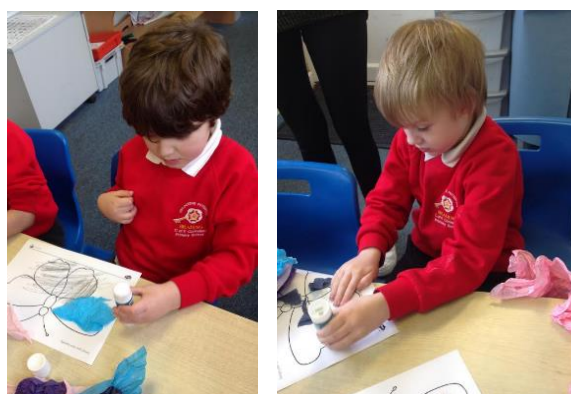
This week we have been learning all about the Easter story. The children were able to act out the Easter story and say how they would feel at each significant point. We learnt all about why we eat Easter eggs at Easter and why hot cross buns are eaten at Easter - we even had some different flavours to try and learnt the song 'Hot Cross Buns'. They were then able to link the story to each part of their Easter garden and could talk about it with the parents during our parent session. Our writing outcome for this week was to write up about our recent science investigation and I have been blown away with how hard they worked and the great work produced.

Well done for another great term Maldives! Have a lovely Easter!



## Cuba

Cuba class have worked as a group to decorate some different minibeast creations to add to our class display.

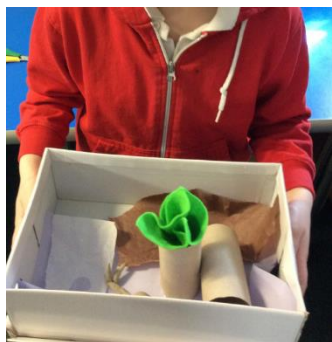




# THIS WEEK AT BRADING...

## Hawaii

The children have been thinking about the habitats of minibeasts. They used shoeboxes to create a habitat for their minibeast clay models. The children had to consider what they would find in the habitat and what different materials they could use to create this. We then spoke about different parts that they found tricky and how we could make this easier next time. They thought of such amazing ideas!



## St Lucia

This week in St Lucia we have been continuing to explore Easter and the Easter story, we have looked at story sequencing cards, made Easter cards, made Easter nest cornflake cakes and we had lots of fun on an Easter egg hunt!

## Jamaica

This week we have finished our Trading with the World unit by playing the chocolate trading game. Some of us had to grow and sell cocoa beans and some of us made chocolate bars from them. We have had our mock SATS week and we think we all did really well! Happy Easter everyone and see you next term.

## Outside Achievement

Noah completed his last day at Beavers Yesterday with his Bronze Award, he's very looking forward to starting his new journey at Cubs after the Easter Holidays



## Galapagos

We made telephones to show how sound travels and pan pipes to show how sound is affected by the size of an instrument. Yesterday we did a prediction experiment researching what material is best at sound proofing!

## Wrap Around Care

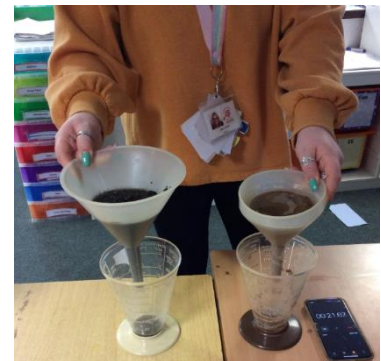
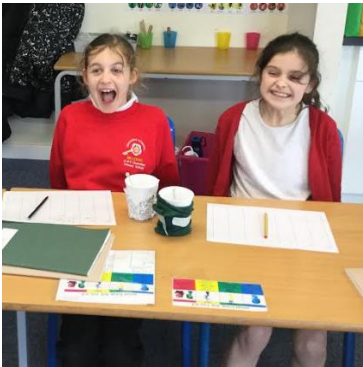
In after school club this term the children have created a jungle tree and birds. We then started to think about Easter so they made some paper machè Easter bunnies and painted/coloured in some eggs, we also iced some cakes!



# SCIENCE WEEK

This week at Brading CE Primary School, we have had our science week. Following listening to the voice of the children we wanted to have a fun science week with practical hands-on learning. This included; changing the colour of flowers, growing rainbows, sinking and floating, reactions in omelettes, changing shadows, cup phones and filtering water. I have spoken to the children since and those involved really enjoyed the scientific enquiries and seeing if their predictions were accurate. Moving forward in science, we will definitely be looking at more learning in this way.

Mrs Attwell (Science lead)





### **From the Isle of Wight NHS Trust**

We are offering the following Children's COVID Vaccination Clinics for Years 5-11 and Years 12-15. Appointments must be booked in advance using the National Booking Service, we are unable to offer walk-ins.

Please note that these will take place in the **Children's Outpatients Department, North Hospital, St Mary's** and NOT the Hospital Vaccine Hub. Accessible parking is available in the North Car Park.

For information about eligibility and how to book your Child's vaccination, please use the online link below, you will need your child's NHS number:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

All vaccines offered will be the Pfizer vaccines.

### **Child Vaccine Doses Offered:**

For children 5-11 years - 1<sup>st</sup> dose and 2<sup>nd</sup> dose only.

For children 12-15 years - 1<sup>st</sup> dose and 2<sup>nd</sup> dose.

A 3<sup>rd</sup> dose is offered if your child is at high risk because of a weakened immune system

### **Children's Clinics in March:**

Thursday 30 March 2023, 08:00 – 11:00

### **Children's Clinics in April:**

Friday 14 April 09:00 – 12:00

Friday 28 April 08:00 – 11:00

For any other information regarding Children's vaccination clinics, please email the Hospital Vaccine Hub Team: [iownt.vaccine-hub@nhs.net](mailto:iownt.vaccine-hub@nhs.net).



## NOTICE BOARD

ISLE OF WIGHT  
POTTERY



### Easter Holiday Pottery Classes

#### Clay Club

Mondays and Fridays 10 - 12 and 2 - 4  
£25 per person

#### Family Pottery Workshop

Various dates and times available  
£100 (up to 4 people)

- Throwing pots on the wheel
- Clay sculpting
- Easter themed decorating

To book email us at:  
isleofwightpottery@gmail.com

www.isleofwightpottery.com



## Easter Scurry Egg Hunt

4th, 6th, 9th  
April

Between 10.30 am and 3pm

**PLEASE BOOK**

Adult £5 - Child £4

**WWW.NATUREZONES.ORG.UK**

Meet in St. Mary's Church  
Brading



Follow the trail and collect the clues.  
Prizes from the Easter Bunny.

**MONDAY 10TH APRIL**

**12PM TILL 2PM**

**ENTRY FREE ALL WELCOME  
(WEATHER PERMITTING)**

## THE CAULKHEADS PRESENTS FUNDRAISING FESTIVAL

IN SUPPORT OF SUZANNE

**SATURDAY, APRIL 15  
11AM - 6PM**

WRISTBAND £3 PER PERSON

ALL PROCEEDS WILL GO TOWARDS FUNDING THE  
TREATMENT FOR A LOVELY LOCAL LADY

**FEATURING LIVE MUSIC FROM**

EMELLIA DIVA-LICIOUS SCOTT KING  
BETHAN JOHN SEAN GOODFIELD BEN STUBBS  
**ALSO FEATURING**

FACE PAINTING: TEAM UNICORN

BOUNCY CASTLE: SKY HIGH INFLATABLES

CANDY FLOSS: FUNKY PINEAPPLE EVENTS

WRISTBANDS AVAILABLE FROM THE PUB, CAN BE  
PURCHASED BEFORE OR ON THE DAY



# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

## WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

## LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

## PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

## BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

## DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

## DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

## ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

## Advice for Parents & Carers

### LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

### PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

### KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

### TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

### LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

### BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>

<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrens-online-behaviour-england-and-wales/year-ending-march-2020>

**NOS**  
National  
Online  
Safety®  
#WakeUpWednesday